

WHAT IS BULLYING?

Bullying is intentional harmful behavior initiated by one or more students and directed toward another student. This behavior is typically repeated. Bullying exists when a student more social and/or physical power deliberately dominates and harasses another who has less power.

Cyberbullying is a form of bullying that uses technology (like the internet or cell phones, including Facebook, email, and texting) to harass, embarrass, tease, intimidate, threaten, or slander one or more students.

Bullying can be physical, verbal, or emotional. It involves the following roles:

Bully- one or more students who intentionally intimidate or harm another student(s)

Victim- the student(s) being bullied

Bystander- one or more students who stand on the sidelines and witness acts of bullying and might encourage and/or support the bully

**Bystanders are an important role often overlooked in bullying situations!

RESOURCES

<http://www.stopbullying.gov/index.html>

<http://www.pacer.org/bullying/>

<http://ottawadelivered.com> ("Bullying's New Turf")

For Kids:

<http://www.pacerkidsagainstabullying.org/>

For Teens:

<http://www.pacerteensagainstabullying.org/#/home>

Online Videos:

- NBC Dateline "My Kid Would Never Bully"
- Glee music video "Loser Like Me"
- Videos available on the websites above



PHOTO FROM KIDACTIVITIES.NET

ANTI-BULLYING ACTIVITIES YOU CAN DO WITH YOUR CHILD

1. Talk to your child. Openly discuss bullying and cyberbullying.
2. Watch online video clips and discuss with your child (see Resources section)
3. Role play or put on a puppet show about a bullying situation and how to solve it
4. Make a list or picture with your child of his or her positive traits and interests
5. Make a list with your child of trusted adults that they can talk to
6. Play online games or download free word searches, scrambles, or crosswords (see Resources section for websites)